

I'm falling  
Into a deep hole that I can't climb out of  
I can't push my way out of this one  
I can't push away what I feel  
I can drown it out but only for short intervals of time  
My heart speeds up, my breath hitches  
It's because you're near  
I don't know whether it's anxiety or something else  
But I don't like it  
I don't like this feeling  
Someone, anyone  
Please  
Make it stop

by Jada Smith